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LIVE ENTERTAINMENT 7 DAYS A WEEK

PROFESSIONAL COMPLIMENTARY PICTURES ON TUESDAY AND FRIDAY

SUNDAY:

MARRYBELL MADURO
SINGER
6:30 TO 8:30 P.M.

MONDAY:

ANDERSON BAHAMON
SINGER
6:30 TO 8:30 P.M.

TUESDAY:

JEAN PAUL
SAXOPHONIST
6:30 TO 8:30 P.M.

WEDNESDAY:

MAILLEYN ALVARADO
VIOLINIST
6:30 TO 8:30 P.M.

THURSDAY:

MARRYBELL MADURO
SINGER
6:30 TO 8:30 P.M.

FRIDAY:

MAILLEYN ALVARADO
VIOLINIST
7:00 TO 9:00 P.M.

SATURDAY:

RICKY THOMAS
GUITAR
6:30 TO 8:30 P.M.

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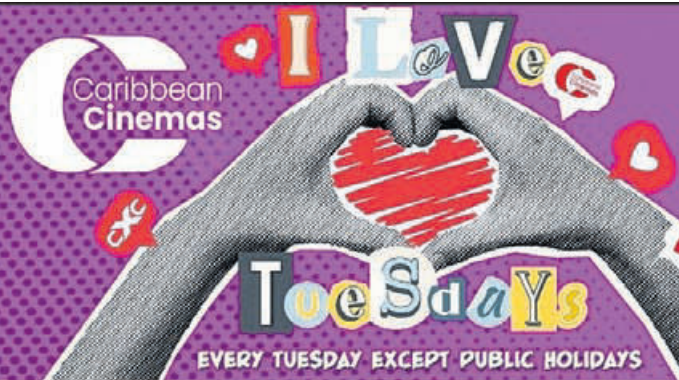
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Artemis astronauts breaks space distance record



This handout image released by NASA shows a fully illuminated view of the Moon, including the Orientale basin and parts of the far side not visible from Earth, on April 6, 2026.

Houston, United States

The four astronauts embarking on NASA's flyby of the Moon became on Monday the humans to travel furthest from our planet, as they began the lunar observation that is core to their mission. The Artemis II team broke the distance record set by the 1970 Apollo 13 mission, which they are expected to surpass by 4,105 miles (6,606 kilometers) when they reach this journey's anticipated furthest distance from Earth

-- 252,760 miles (406,778 kilometers) -- later today.

"For all humanity, you're pushing beyond that frontier," said Jenni Gibbons in Houston's mission control. It was one of the voyage's most notable achievements yet.

Astronaut Jeremy Hansen said the moment was "to challenge this generation and the next, to make sure this record is not long-lived." Now the crew have the more than six-hour task of observing and documenting the lunar surface, bringing human perspective to features of the Moon that we primarily know through photographs taken by robots.

Victor Glover detailed the "terminator" -- the Moon's boundary between night and day.

"Wow -- I wish I had some more time to just sit here and describe what I'm seeing," he said, before creating a vivid portrait for the scientists listening in from Earth.

"But the terminator right now is just fantastic. It is the most rugged that I've seen it from a lighting perspective."

Kelsey Young, the lead scientist for the Artemis II mission, responded with elation. "Oh my gosh, that was an amazing picture you just painted," she said.

"Those types of observations are things that humans are uniquely able to contribute, and you just really brought us along with you."

Fellow astronaut Christina Koch meanwhile offered a colorful rendering of lunar craters.

"What it really looks like is like a lampshade with tiny pinprick holes and the light shining through," she said. "They are so bright compared to the rest of the Moon."

- Expected comms loss -

The lunar flyby observation period will continue until ap-

proximately 9:20pm eastern (0120 GMT).

It will include an approximately 40-minute period when the crew is expected to lose communication with mission control in Houston.

"It'll be exciting in a slightly scary way, when they go behind the Moon," Derek Buzasi, a professor of astronomy and astrophysics at the University of Chicago, told AFP.

Near the end of their flyby, the astronauts will witness a solar eclipse, when the Sun will be behind the Moon.

The Orion capsule is zipping around the Moon -- the first crewed lunar flyby in more than 50 years -- before U-turning and heading back to Earth in a so-called "free-return trajectory," a return-trip that will take about four days.

Adding to the historic nature of the mission led by Reid Wiseman, the Artemis II crew includes several firsts. Glover will be the first person of color to fly around the Moon, Koch will be the first woman, and Canadian Hansen the first non-American.

- Moon memorials -

Monday's celestial workday included a poignant moment just after the crew broke the distance record, when they proposed designating two previously unnamed craters.

The first, they requested to name in honor of their spacecraft's nickname, "Integrity."

They offered a second name, "Carroll," for another crater, which they asked be named after the late wife of mission commander Reid Wiseman, who died of cancer.

"It's a bright spot on the Moon," said Hansen, his voice breaking with emotion. "And we would like to call it Carroll." □

Paseo Herencia

WEEKLY LIVE SHOWS 8PM

MON	LATIN DANCE SHOW <i>By RCC Aruba</i>
WED	CULTURAL DANCE SHOW <i>By Youth in Action</i>
THU	ACROBATIC PERFORMANCE <i>By RCC Aruba</i>
SUN	VIOLIN SHOW <i>By Angela Flores</i>

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In the online 'maxxing' era, what's the deal with fiber and protein?



U.S. Secretary of Health and Human Services Robert F. Kennedy Jr. (C) attends an event with farmers on the South Lawn of the White House on March 27, 2026 in Washington, DC.

New York, United States

First it was protein, now it's fiber: the "maxxing" mindset has permeated social media, as wellness influencers insist that loading up on certain nutrients is the key to vitality and a life-changing gut glow-up.

These viral diet trends rooted in extreme optimization are impacting how people eat and what companies sell -- but are they actually healthy?

The concept of "protein-maxxing" insists that more is better when it comes to the macronutrient found in foods like meat, dairy and nuts, which is essential to a vast array of bodily functions such as repairing tissue or enhancing immune function.

Meanwhile dietary fiber is on track to be 2026's online trend of choice: ingest as much as possible and you'll be less hungry and more regular, say online advocates who wave bowls of chia seeds and oats at the camera.

Brands have taken note: if you can buy it, there's probably a protein-boosted version of it -- even the sugariest cereals are touting their high protein content.

And blue chip companies like PepsiCo and Nestle along with newer firms like Olipop are jumping on the bandwagon, highlighting the fiber content in prebiotic sodas or chips.

"I think fiber will be the next protein," said PepsiCo CEO Ramon Laguarta in an earnings call late last year.

A survey from the consulting firm Bain & Company

showed nearly half of US consumers are trying to eat more protein.

Across the United States, Europe and Asia, it's Gen Z and Millennial consumers primarily driving the fad, according to the survey.

The same goes for fiber: according to London's GlobalData, 40 percent of Gen Z and 45 percent of Millennials reported they're trying to improve their gut health.

- More not always best -

Nutritionists say there are grains of truth to the fiber craze.

Andrea Glenn, an assistant professor of nutrition at New York University, called the movement surrounding fiber a "pretty tame wellness trend compared to the other things out there."

Samantha Snashall, a registered dietitian at Ohio State University's medical center, said protein has been "the special child" in recent years -- and fiber has been "pretty undervalued."

"I'm glad it's having some light shed on it."

But those experts along with Arch Mainous -- a professor of community health and family medicine at the University of Florida, who has researched the use of social media in health communication -- said more isn't always best, especially when it comes to protein.

Mainous said eating according to the recommended daily values is one thing -- but "if you say one's good, five's better? I'm not really for that."

He voiced concern that people are putting too

much stock in the one-size-fits-all health advice of influencers.

It's part of a broader trend that has resulted in a "lack of trust in health experts," he said -- a "I'll do my own research" mentality that has also been fueled by the likes of US Health Secretary Robert F. Kennedy Jr, who has spread anti-vaccine misinformation for years.

Few influencers are trained scientists, Mainous said, and many have brand deals or agendas of their own, including products to sell.

- No 'silver bullet' -

So what's an eater to do?

First, talk to your physician, Mainous said.

As a general guideline, the American Heart Association says that for many people, a day that includes a combination of foods like a glass of milk, a cup of yogurt, a cup of cooked lentils, and a piece of cooked lean meat or fish approximately the size of a deck of cards will be in the ballpark of the average daily protein target.

Fiber-wise, Glenn said 25-38 grams depending on age and sex is a good goal. High-fiber foods -- such as beans, fruits, vegetables, nuts and whole grains like oats or quinoa -- are linked to lower rates of certain cancers, and can help keep cholesterol and blood sugar in check.

Generally, Glenn said, people can eat some whole grains or fruit at breakfast, and then should try to fill half their plates with vegetables at lunch and dinner.

With that visualization, "you'll easily hit that target without needing to meticulously count how much fiber you're consuming," she told AFP.

But if you're not currently eating much fiber -- most people aren't -- "maxxing" is not a good course, Snashall warned.

Shake things up overnight and "your GI system is going to have a strong reaction," she said. "Slow and steady wins the race."

And Glenn noted that powders and supplements can't serve as a replacement for whole, real foods. □



Conservative political strategist Steve Bannon, former advisor to US President Donald Trump speaks during the Conservative Political Action Conference (CPAC) in Grapevine northwest of Dallas, Texas, on March 26, 2026.

Supreme Court clears path to overturn conviction of ex-Trump aide Bannon

Washington, United States

The US Supreme Court on Monday cleared the way for Steve Bannon, a former advisor to President Donald Trump, to overturn his conviction in a case linked to the January 6 attack on the Capitol.

Bannon, a leading figure on the far right, served four months in a federal prison in 2024 for defying a subpoena to testify before a congressional panel investigating the 2021 attack.

But he appealed to the Supreme Court to have the conviction overturned, a legal challenge the Trump administration joined in February.

Acting Attorney General Todd Blanche has described the move as a course correction from what he claimed was "the prior administration's weaponization of the justice system."

In a brief, unsigned decision on Monday, the Supreme Court granted this request, vacating the appellate ruling upholding Bannon's conviction, and remanding the case to the trial judge.

Bannon, a mastermind behind Trump's first presidential campaign, was sacked as chief strategist in the White House in August 2017.

He was one of the loudest voices behind false accusations of fraud in the 2020 presidential election won by Democratic candidate Joe Biden.

In a separate case, Bannon pleaded guilty last year to defrauding donors who gave money to a private scheme to build a wall on the US-Mexico border -- a key Trump campaign promise.

Bannon also faced federal charges over the border wall scheme but received a pardon at the end of the Republican's first term in the White House. □

Poppies offer hope in fire-scarred Los Angeles

Altadena, United States

When wildfires raged around Los Angeles last year, Rene Amy's home was razed to a pile of toxic ash.

But his plot now shimmers with delicate orange blooms -- the California poppies he has sown throughout the charred town of Altadena as a symbol of hope.

"These flowers will grow and proliferate anywhere on the globe that humans can survive," the 65-year-old told AFP.

"They are so resilient. They look super fragile, but they're not; they're pretty tough underneath... kind of like Altadenans."

Nestled against the mountains overlooking Los Angeles, Altadena was ravaged by the wildfires that tore through America's second-biggest city in January 2025. Of the 31 people who perished in the fires, 19 died in Altadena. The rest were killed in the upmarket coastal enclaves of Pacific Palisades and Malibu.

More than 9,000 buildings were destroyed, transforming the area into a vast wasteland.

Fifteen months later, Altadena is slowly and painfully rising from its ashes.

A few house frames are be-



Altadena resident Rene Amy inspects California poppies growing on the site of his former home on March 30, 2026, more than a year after it was destroyed in the Eaton Fire in Altadena, California.

ginning to go up. But for survivors, rebuilding often turns into a battle -- caught between the complex process of filing insurance claims and the slow-moving bureaucracy of an area many complain is over-regulated.

— Symbol —

Over the past few months, Amy has sown 250 million poppy seeds across more than 750 empty lots, spending \$12,000 of his own money.

It is his way of bringing color to this somber landscape and boosting the spirits of

survivors.

"What I found is, for me, personally, helping others makes me feel not only alive, but some of the best moments I've had since the fire involved helping others," he said.

His choice of the California poppy is no accident: The plant, with its tulip-like bloom, is the official flower of the Golden State.

Before Los Angeles expanded its sprawl as far as the eye could see, Altadena was renowned as a "poppy paradise," Amy says, and the flower appears on the

town's official seal.

In the 19th century, Angelenos and wealthy tourists from the East Coast would flock to the hills every spring to witness the blooms blanketing the slopes in undulating oranges and golds.

— 'A new beginning' —

But with the global climate being changed by humanity's unchecked use of fossil fuels, nature's patterns are being interrupted.

California has just wrapped up one of the driest months of March on record, leaving many of the poppies

Amy sowed in trouble.

Yet, in scattered spots, they have pushed their way through the soil, like on the sidewalk in front of a fast-food restaurant, where blooms have sprouted beneath a mural of a young girl holding a poppy.

"Seeing nature come back after the fires is just so heart-warming," said Roxanne Albee as she left the restaurant.

"It's like a new beginning," added the 77-year-old former actress who lost her home to the flames and is struggling to compile a detailed inventory of lost possessions for her insurance company.

"To have these flowers, have the poppies come back... that's part of the vibe of Altadena."

In a few years' time, Amy, who has dubbed his vehicle "The Poppymobile," hopes his flowers will have spread, restoring the town to its former glory.

"My hope is that in subsequent years and decades, Altadena is once again justifiably renowned for its poppies," he said.

It's "a way to bind us together, and yes, to remember our history, where we've come from, and to look forward to the future." □

'Hacks' has 'perfect' ending after 5 seasons, says star Smart



U.S. actress Jean Smart poses in the press room with her award for Best Actress in a Television Series -- Musical or Comedy for "Hacks" during the 83rd annual Golden Globe Awards at the Beverly Hilton hotel in Beverly Hills, California, on January 11, 2026.

Los Angeles, United States

When the creators of the hit series "Hacks" explained their planned ending to star Jean Smart, the actress had her doubts, but she trusted the team's vision.

"I didn't really have an idea of how it would end. I wanted to be surprised," she told reporters ahead of the fifth and final season of the HBO smash that has earned her four Emmy Awards.

"I've loved being surprised every episode for all these years."

Smart said she was a little taken aback when she first learned how things would pan out for aging comic Deborah Vance and her mentee Ava Daniels, played by Hannah Einbinder.

"I was not sure," she confessed. "But I said: 'Hey, I trust you guys. Always have, always turns out great.' And it did. And now I think it was perfect."

"Hacks" hit HBO Max in May 2021 to widespread critical acclaim.

Paul W. Downs, who created the series alongside Lucia Aniello and Jen Statsky, said the finale encapsulates the ethos of the entire five-season project.

"It is about what we set out in the very first episode, which is your legacy and what you leave behind," he said.

"We're leaving behind a series, and we're thinking about that for ourselves and for our characters."

After filming more than 40 episodes, the farewell felt bittersweet for the performers. Einbinder, 30, said it has been nice to grow alongside her character, and she was delighted with how it all fit together.

"I think every evolution that these characters have undergone has felt warranted and earned," she said.

"Everything that I would hope for them has been achieved."

For 74-year-old Smart, the realization that the end had come was a gradual

process as they filmed the final scenes on each of the show's sets.

"They let me sneak little souvenirs from each set," she laughed.

The final season of "Hacks" premieres April 9 on HBO Max. □

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Armenia's underground salt clinic at centre of alternative medicine debate

Yerevan, Armenia

A mining cage drops deep beneath the Armenian capital, carrying asthma patients in helmets down into a salt cave clinic -- an alternative treatment centre whose future is now at risk.

State funding for the speleotherapy centre in the Avan salt mine was recently cut as the small Caucasus nation rolls out a new universal healthcare system that does not cover alternative medicine.

The fate of the facility is a snapshot of a global debate over the effectiveness and role of alternative treatments in modern healthcare, a particularly pressing issue in developing countries.

Speleotherapy -- where patients spend several hours a day in caves breathing mineral-rich underground air believed to reduce respiratory irritation -- has been practised for decades in parts of Eastern Europe and the former Soviet Union.

At the bottom of the Avan salt mine, a dim tunnel carved from grey rock salt leads to the Soviet-era centre.

"We are 235 metres (770 feet) underground, and yet this is a hospital," doctor Anush Voskanyan said as she guided visitors into a vast chamber illuminated by rows of electric lamps.

Opened in 1987 inside a for-



Doctor Anush Voskanyan (L) leads an exercise for patients of the Republican Centre of Speleotherapy, the 4,000 square metres salt cave clinic carved into the Avan grey salt mine at the depth of 235 metres and operating since 1987, on the outskirts of Yerevan on February 5, 2026.

mer mine, the centre spans about 4,000 square metres of tunnels converted into treatment and recreation areas. For decades, patients received therapy for free under the state's healthcare programme.

But in 2019, Armenia's health ministry stopped financing the clinic, arguing that speleotherapy does not meet evidence-based medical standards required for public funding.

Annual patient numbers dropped from more than 300 to around 50.

"We struggle to pay salaries

and cannot renew equipment that has not been replaced since opening," clinic director Gurgen Hakobyan told AFP, saying its future was "uncertain."

- Global strategy -

Globally, supporters of traditional or complementary remedies say they have been overlooked by Western medicine.

The World Health Organisation's members have called for a global effort to build a solid evidence base, regulate practitioners and integrate treatments that are

proven safe and effective. Supporters of speleotherapy say the cave environment, free from dust and allergens and with a constant temperature of around 19-20C, helps ease symptoms of asthma and allergies.

Voskanyan, the doctor, said she had seen children make full recoveries after treatment. But the scientific evidence remains limited.

"Since 1985, only two dissertations have been written on the subject," said Lamara Manukyan, chair of the Armenian Association of Internal Medicine.

"We lack statistics and large-scale research."

She said speleotherapy "helps conventional medicine ease a patient's condition" and should be considered a "complementary therapy rather than a stand-alone treatment."

- 'Salvation' -

Armenia's health ministry said its decision to stop the clinic's funding reflects broader healthcare priorities as the country transitions toward universal medical insurance. "At this stage, priority is given to diseases with high mortality rates such as cancer and cardiovascular illnesses," ministry spokeswoman Mariam Tsatryan told AFP.

"Alternative and wellness treatments cannot be included in insurance coverage."

Many of the centre's patients -- and its doctors -- lament the decision to strip funding. Armen Stepanyan, a 63-year-old engineer from Russia's Siberian city of Kemerovo, has travelled to Yerevan annually for more than a decade after developing severe asthma.

"I tried everything -- sanatoriums, treatments -- nothing helped," he said. "Here I felt improvement after the first course."

Supporters argue the centre's significance extends beyond medicine. □

Geisha spectacle in Japan's Kyoto celebrates arrival of spring

Kyoto, Japan

Against a backdrop of blooming cherry blossoms, a group of geishas elegantly shuffle onto a stage in Japan's Kyoto city to begin a centuries-old performance celebrating the arrival of spring.

Dressed in sky blue kimonos emblazoned with flowers, the dancers twist and twirl in unison in front of hundreds of spectators eager to see the annual "Miyako Odori" in the nation's spectacular ancient capital.

Geishas, known as geikos in Kyoto, and apprentices called maikos have been

donning elaborate costumes and fluttering fans since the Miyako Odori -- or "capital city dance" -- first started in 1872.

"Just as cherry blossoms bloom when spring approaches, the Miyako Odori is a spring tradition in Kyoto," Kyoko Sugiura, head of the Yasaka Nyokoba Gakuen, a school for geishas in Kyoto's Gion district, told AFP.

In Japanese, the word geisha means "person of the arts", and can refer to a woman or man trained in traditional Japanese performing arts.

In the popular imagination

geishas are often confused with courtesans but their work as trained masters of refined old artforms does not involve selling sex.

Their performances are usually small and private, and take place at high-class establishments which operate a no first-time customer policy.

"That's why it is often thought of as a very exclusive world," Sugiura said.

"But the Miyako Odori is a one-hour show in which geisha and maiko have the opportunity to showcase the arts they practise daily," she



Geisha and maiko (apprentice geisha) take part in a rehearsal for the annual "Miyako Odori" -- which means "capital city dance" in Japanese, at the Gion Kobu Kaburenjo in Kyoto on March 31, 2026.

said.

"Anyone and everyone with a ticket can enjoy the show." The Miyako Odori began soon after Kyoto hosted

Japan's first national expo -- an effort to revitalise the western city following the relocation of the capital to Tokyo in 1869. □

Irish income scheme throws artists unique lifeline

Dublin, Ireland

In a maze of plywood artists' studios built into a Dublin warehouse, author and filmmaker Seanan Kerr stitches together a career that -- until recently -- had little guarantee of stability.

That all changed in 2022, when Ireland began paying 2,000 practising artists, including Kerr, a no-strings-attached guaranteed weekly stipend of 325 euros for three years.

For the 45-year-old, who is also a performer, the ground-breaking scheme was nothing short of "radical".

"It's almost unbelievable it even happened," he told AFP in his tiny, box-like workshop amid piles of books, sketches and scribbles.

The "Basic Income for the Arts" (BIA) initiative is a first for Ireland, and unique in Europe, attracting interest from other nations such as Germany and Finland.

The scheme "sets Ireland apart in how we support our artists," Ireland's Minister for Culture, Patrick O'Donovan, said last month.

Framed as "recognition, at government level, of the important role of the arts in Irish society," the government has declared the pilot a success.

It was made permanent in February, and the government set aside around 18 million euros for 2026 to fund 2,000 artists from September for three years.

- Freed for 'total creativity' -
The benefits recorded in



This photo taken on February 25, 2026 shows landscape artist Kieran Guckian posing in his artist unit at HX Village studios in Dublin.

the culture ministry's data include increased productivity and reduced anxiety among participants.

Those chosen for the stipend can earn extra money on top, and pocket more than the average unemployment benefit of about 250 euros a week.

"Giving artists freedom to just take the money, do what you want, allows them to step into a mindset of pure, total creativity," Kerr said.

"It's allowed me to rebuild my sense of self as an artist, and set myself up for the future," he said.

Being able to afford a morning coffee, buy clothes or attend artists' workshops gave him "a basic level of decency", he said, before heading out to a poetry night.

In another of the box spaces which can be rented for between 150-300 euros a month, Kieran Guckian, 42, a landscape artist, said he was "excited" to apply before a May deadline.

"Everyone's always doing little side gigs, I teach and do workshops," he said.

"Having that basic income would free me up for more studio time," he added, glancing at half-finished canvases.

- 'Precarity' -

While many hail the scheme as transformative, some worry its limited scale casts a shadow over its promise. In a light-filled artists' studio complex in central Dublin, Caelainn Hogan, a journalist and author who has been

building a reputation for her writings, described the scheme as "life-changing", but shared conflicting feelings.

The 37-year-old found out she was pregnant six months into the pilot payments.

"That was frightening as a writer, as someone without financial security," she told AFP.

Her last payment was in February, and with over 10,000 artists expected to apply in May her chances of being selected again in the future are slim.

Once they have determined the eligible candidates, they are all anonymised before a software using a randomised process selects the winners -- a kind of high-tech lottery.

"I'm raising a child and want to continue creative work, but even if I got lucky again it would only last for three years," said Hogan.

"That's precarity, not sustainable support," said Hogan. Arguing the scheme could be extended to all eligible artists, she warned of a divisive two-tier system of haves and have-nots.

With rents in Dublin among the highest in Europe, Hogan also blasted politicians "boasting about supporting artists" while overseeing a housing crisis.

- 'Social dividends' -

Across town, visual artist Day McGee, who lived in a subsidised studio-apartment during the pilot, will soon be moving out to a friend's spare room.

The "stability" of the payments helped Magee, 33, stage a first solo show and secure writing commissions. The BIA "was a temporary chance to live," Magee said. "Now I don't know if I can continue leading a normal adult life."

Government research indicates artists are three times more likely to live in deprivation than others.

Even big names suffer precarity, said Carla Rogers of the National Campaign for the Arts.

"You might have a great run performing on a West End stage only to come home to couch-surf," she told AFP. The NCFA also hopes payments will eventually reach all eligible artists. □



An art restorer works on a painting inside Paris' Catacombs during restoration work of the Parisian monument on March 24, 2026.

Paris, France

One of Paris's top tourist attractions -- and certainly its most morbid -- closes to

visitors from Monday for six months of renovations.

The Paris Catacombs, underground galleries that are the

Dead quiet: Paris Catacombs close for renovations

final resting place for millions of bodies disinterred from the capital's cemeteries between the Middle Ages and the French Revolution, are to become modernised, with better ventilation, lighting and an improved layout. The works, costing 5.5 million euros (\$6.4 million), are designed to improve the experience for the 600,000 annual visitors to the ossuary museum -- and to help preserve the remains held there. The moisture build-up in the catacombs, which drips

into puddles on the ground and on visitors "is bad for the preservation of bones," the site's administrator, Isabelle Knafou said, as she gave AFP a last look before the temporary closure.

That humidity allows the bacteria to settle and grow on the piled-up skeletal remains.

Renovations will aim to reduce that problem, while also restructuring the near 800-metre (2,600-foot) path visitors follow during visits,

all the while aiming to keep the "authentic" spirit of the place, Knafou said.

Graffiti that has been painted in some spots will be cleaned off, though Knafou said that much of the writing found on the galleries' walls was left by visitors in the 19th century and "almost" contributes to the place's history. She said that, because of the rampant theft of some of the femurs, tibias and skulls in the past, the bones were now cemented together. □

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Sun catchers: The different lizards in Aruba

ORANJESTAD – Colorful or camouflaged, you're bound to encounter a variety of lizards basking in the sun or scurrying on their way in our island. From the charming, friendly iguanas to the good-luck gecko Pega-Pega, you're bound to meet a few of these special residents during your visit.

Aruba, as a desert island, is home to an incredible variety of unique and colorful species. Among them we can find different lizards, most of which have South American origins. But there are a few exceptions.

Iguanas



Iguanas are easy to spot, as they are larger than most other lizards and when young, have a bright green color that makes them stand out.

The iguanas usually found in Aruba are the Iguana, known as the green iguana, or locally as Yuwana. The Yuwana are a mostly herbivorous species, and can grow up to 2 meters in size, including the tail, making them one of the largest in the iguana family. As you will see, despite their name, as they reach adulthood, the iguanas can take on a grey or blue tone instead of the bright green displayed by the young ones. In Aruba – as in the rest of the Kingdom of the Netherlands – the most usual color varies from green to lavender, black and sometimes a reddish brown.

Yuwana is a protected species, as it is listed under Appendix II of the

Convention on International Trade in Endangered Species (CITES), meaning that international trade is regulated through the CITES permit system. In the past, Arubans used to eat a popular Yuwana soup, as it was believed to give strength and help restore health – probably due to the protein boost it delivered. However, it is now illegal to catch, kill, buy or sell Yuwanas in Aruba, and this includes eating them!

Turnip-tailed gecko

The turnip-tailed gecko is known locally as the Pega-Pega, meaning sticky-sticky, due to the way it sticks to walls using the suction in its little fingers. They are found inside houses, and are mostly a nocturnal animal.

According to Etnia Nativa, the local Pega Pega is immediately recognizable by its large size, with a body length of up to 12 cm, and its large, swollen tail, approximately the same length or slightly shorter than its body; females are larger and more robust than males. It has short, robust legs with flattened toes and extensive basal webbing.

The undersides of its toes are covered in lamellae, which are used as friction pads to cling to smooth vertical surfaces. Some can even walk around completely upside down. Its toes are covered with ridges, which are peppered with millions of microscopic bristle-like structures called setae that attach and detach when the animal wills them to, and they never get gunked up. They are variable in coloration, from a mottled dark gray to orange-brown, and are capable of changing color depending on their mood and surroundings. Mottled and banded markings aid in camouflage against tree bark. They are harmless and fragile; you can hold one in your hands as long as you are VERY gentle.

Never put pressure on its tail because it will surely drop as a mea-

sure to try to distract the predator, and they are different from other lizards because they're long-lived, talkative, lack eyelids, and their small scales are situated next to each other like cobblestones rather than overlapping as is the case in most other lizards.

Turnip-tailed Geckos are insectivorous and feed on cockroaches, grasshoppers, beetles, flies, mosquitoes, and spiders, which makes them the best pest control to have at home! They spend their days concealed in dark tree grooves and cavities, in narrow crevices in the walls, or behind paintings, which provide the perfect shelter for them. Pega pega is a gecko endemic to our island, but in time, some 4–5 intrusive gecko species have been observed, some of which do not cease to amaze us with the racket they make, especially during the hours of the night.

The Pega-pega *Phyllodactylus Julieni* is also a protected species in Aruba, by law. It is illegal to kill them!

Blue Cododo

These are one of the most striking lizards in Aruba, recognizable by the male's bright blue color. The Aruban whiptail lizard, *Cnemidophorus arubensis*, is a species endemic to Aruba, meaning you can only find it here on our One Happy Island! They are also recognized as the most common and populous lizard on the island. While the male is blue with white dots, the female is brown with blue dots.

These charming lizards eat mostly plants, such as flowers, nectar, leaves and fruits, and occasionally enjoy some insects. They are selective in which plants they eat, because of the toxins present in many available plants species. The Cododo help take care of Aruba's vegetation by playing a significant role in the dispersal of seeds

for certain plants: when they eat fruit, they excrete the seeds in diverse locations, contributing to the reproduction cycle of our local plants.

Striped anole



The striped anole (*Anolis lineatus*) that lives in Aruba is known locally as Waltaka or Toteki. This is a species of lizard in the family Dactyloidae, and they are native to Aruba and Curaçao. It is usually found in dry areas, commonly where there are not large trees; rather they enjoy rocks, walls or tree trunks, as they prefer to stay close to the ground.

These lizards are about 7cm in length, have a brown color with a stripe on each side and typically, several stripes on the body and tail that are lighter in color. It has a dewlap which is orange-yellow – and what's unique about this species is that it is the only known species of anole where the dewlap is asymmetrically colored, with one side being a deeper orange and the other side a lighter yellow. Mostly this is seen in the males, as it is almost imperceptible in the females. If the Toteki shows you his dewlap, retreat! This is not a friendly greeting!

Lizards are wonderful creatures that are precious to our fragile, local ecosystem. Please be mindful of these residents as you enjoy your stay. □

Images: Some images are from Aruba Birdlife Conservation.



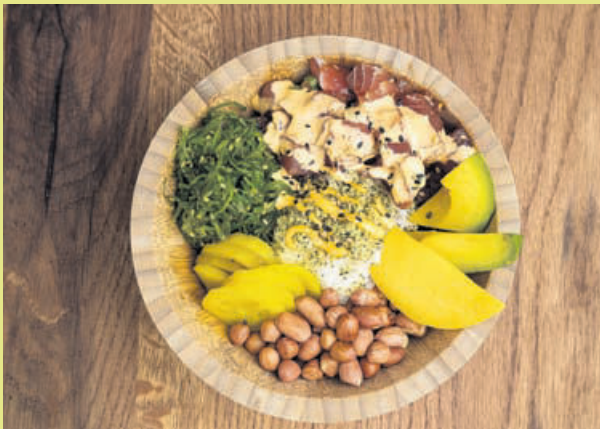
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Po-Ké Ono Brings Bold Asian Fusion to Aruba's Dining Scene

Innovative eatery blends island culture with modern Asian cuisine



In a culinary landscape known for its diversity and creativity, Po-Ké Ono stands out as a vibrant and contemporary addition to Aruba's restaurant scene. With locations at Azure in Palm Beach and the Renaissance Marketplace in Oranjestad, the concept introduces a refreshing take on Asian fusion dining—casual in style, yet refined in execution.

Established in 2020, Po-Ké Ono was envisioned as a space where flavor, culture, and creativity intersect. The menu features an array of signature dishes including poke bowls, steamed bao, and sushi, crafted with precision and a focus on freshness. Drawing on Asian influences, the restaurant delivers bold flavors in an approachable format, appealing to a broad audience of locals and visitors alike.

The ambiance is designed to be welcoming and relaxed, with a philosophy centered

around accessibility and enjoyment. Whether dining indoors or grabbing a quick bowl on the go, guests can expect a consistently high standard in both service and cuisine. With extensive menu options, including selections for vegan diners, Po-Ké Ono caters to a wide range of tastes and dietary preferences.

While the concept leans into fast-casual dining, the quality of ingredients and thoughtful



preparation reflect fine-dining roots. Many of the restaurant's core ingredients are sourced locally, emphasizing sustainability and support for Aruba's agricultural community. The result is a dining experience that honors both the island's spirit and the culinary traditions it draws inspiration from.

Open daily from 11:00 AM to 10:00 PM, Po-Ké Ono continues to gain recognition as one of the island's premier destinations for sushi, poke, and

bao. Its growing popularity is a testament to Aruba's evolving food culture—one that embraces global influence while staying rooted in community and craft.

For those seeking a modern taste of Asia in the heart of the Caribbean, Po-Ké Ono offers a flavorful and memorable experience worth exploring. □



What Aruba means to Stephen Wayne!

ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give permission to The Aruba Today Newspaper, Caribbean Speed Printers and any of its affiliated companies to use said materials, as well as names, likeness, etc. for promotional purposes without compensation.

Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from Stephen Wayne. He wrote to us saying: "Aruba to me is perfect. It is the perfect place to relax on the beach. It is a perfect place to enjoy all the great options of food at the different restaurants. It is the perfect place to connect with family and enjoy the peace, happiness and fun that is Aruba."

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! □

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Beautiful areas around Aruba

(Oranjestad)—In Aruba, there are tons of activities that to enjoy during your visit, but sometimes you just want to slow down and enjoy the view. Here are some beautiful areas on the island that will have you in awe.

The hidden Natural Bridge

Here in Aruba we have three natural bridges and many see this one on thinking that it's the world famous one but it's not. The why is easy, it's way too dangerous to go down the cliff to reach this beauty and no tour companies will do that. Some people refuse to go down due fear of height. To reach this beauty you must go to San Nicolas and drive up the hill till The Point Lighthouse, park your car and walk until you reach the east point coast and go left along the coastline and good luck going down the cliff.



Surfside Beach

This beach was very famous when we were kids and many locals love to swim at this beach. After some years the locals shifted to the more north-west beaches like Eagle, Boca Catalina and Arashi but after the government renovated the whole area it got a new facelift and its back as a family beach and weekends are just amazing at this area.



Natural Bridge at Blackstone Beach

As mentioned, there are three natural bridges and this one is in the Arikok National Park. The other two Bridges you can visit by car but for this one you must have a 4x4 jeep or you will get stuck at the Andicuri Beach. □



Why You Should Not Miss Aruba's Free City Center Street Car Tour

(Oranjestad)—Aruba's City Center Street Car – or as we call it in Dutch; "Tram van Oranjestad" – is a single track tram line in Oranjestad, the capital city of Aruba. It was inaugurated on 22 December 2012, being the first and so far the only passenger rail service on Aruba and the rest of the Dutch Caribbean. There are two trolleys, a single-deck one with 42 seats and a double-decker with 64 seats. The line was inspired by the popular battery-powered streetcar operation at the Grove in Los Angeles, USA. Aruba's streetcars are powered by hydrogen fuel cells, which are charged by the island's year-round trade winds.

Caya Betico Croes, mostly referred to as our "main street" has been developed into a pollution-free pedestrian mall. The double-decker offers you a 360 degree view of the down town area with a picture perfect scenery of the island's clear blue skies. Who would not enjoy a ride on this beautiful and naturally air-conditioned vehicle? The tour consists of a total of 9 stops approximately 200 meters apart from each other; all stops are clearly marked. The tram will bring you close to different museums, historical plazas, monuments, the Protestant church, Aruba's high-end mall, retail shops, and a variety of local and international cuisine restaurants. The "I love Aruba" trademark also belongs to that list. The third stop on the route is close to a 5-minute walk to the famous Renaissance Marina showcasing luxurious yachts and Aruba's blue waters.

The "Tram van Oranjestad" starts from a balloon loop near the Port of Call and serves the downtown area and ends at Plaza Nicky. The first ride starts at 10:00 am sharp with intervals of 25 minutes. The last trolley departs from the cruise port at 5:00 pm. Don't miss this tour of the beautiful Aruba's City Center – it is free for all! □



infini
by Usha Carr

f Infini Aruba

www.infiniaruba.com

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Casago Aruba: Redefining Island Stays with Full-Service Property Management



Casago Aruba was born from a shared passion for elevating the island's tourism experience. Built on a strong foundation of service, hospitality, and a keen eye for quality, the Casago team—backed by over 16 years of experience in the vacation rental and hospitality industry—is on a mission to redefine what luxury and convenience look like for travelers visiting Aruba.

But Casago is more than just a vacation rental platform. It is a **full-service property management company**, offering seamless experiences



for both guests and homeowners alike. While travelers benefit from handpicked accommodations and personalized service, homeowners gain a reliable partner dedicated to the care and performance of their property.

A Stay Tailored to You

Casago Aruba offers more than just stylish villas. Their curated portfolio includes a **wide variety of condos, homes, and villas** in different sizes to suit all types of travelers—from solo adventurers and couples to large families and groups. Every stay is backed by local expertise, with concierge support, 24/7 guest assistance, and an attention to detail that consistently exceeds expectations.

Whether you're here to relax on world-famous beaches, explore Aruba's cultural gems, or discover hidden corners of the island, Casago Aruba ensures your getaway is as smooth as it is memorable.

A Partner for Homeowners

Behind the scenes, Casago offers a robust suite of property management services designed to help homeowners

maximize rental income while minimizing stress. Services include:

- **Promotion** through Casago's professional booking platform and expert local marketing strategies
- **Complete management** of check-ins, guest communication, cleanings, landscaping, pool maintenance, and repairs
- **Transparent maintenance** reporting, real-time reservation tracking, and on-site security monitoring
- **Full handling** of tax filings for both local and state requirements
- **Monthly property inspections** and full utility bill management
- **Strategic planning** to help homeowners increase profitability and keep their properties in top condition

This full-service model ensures that every home is maintained to the highest standard while giving property owners full peace of mind.

Rooted in Community and Sustainability

What truly sets Casago Aruba apart is their commitment



to the local community and to sustainable practices. The team works closely with local businesses and artisans, promotes eco-conscious travel, and supports initiatives that contribute positively to the island's environment and economy.

As one of the fastest-growing vacation rental and property management companies on the island, Casago Aruba continues to expand its footprint—welcoming more travelers, partnering with more homeowners, and raising the standard of hospitality in Aruba. □

Adriaan Laclé: One of Aruba's richest men in the twentieth century



(Oranjestad)—The name **Adriaan Laclé** may ring a bell to locals as one of the main roads on the island, but about a century ago, **Adriaan Laclé** was a rich businessman, well-known for his generosity, wealth, and taste.

Adriaan was born in 1866 and was the eldest of six children. Not much is known about his childhood upbringing or any of his earlier business ordeals, but during his heyday he often helped people get loans, was a well-established trader, and owned several plots of land. In fact, he commissioned the construction of the famous La Quinta Carmen

manor—now a restaurant. Though he himself never lived in the beautiful manor, his own house also reflected his success and good taste. Today his house still stands in good condition and can be found in the back streets of main street Oranjestad.

Regarding his personal life, it has been said that he was married twice during his lifetime. He had his first daughter during his first marriage but lost his wife soon after her birth. During his second marriage, he fathered 16 children. However, it has been said that only 11 of those 17 made it past 18 years of

age. Perhaps two of his most well-known daughters are Maria Monica Laclé and Maria Veneranda Laclé, who went on to marry successful brothers Eloy Arends and Maximilian Arends, respectively. Their houses are still standing; Eloy and Maria Monica's mansion functions as the townhall, used to host civil marriages, while Maximilian and Maria Veneranda's house stands on the opposite side of the road to them—though currently under renovation after years left in ruin. □

Source: De Kolibrie op de Rots (en meer over de geschiedenis van Aruba) by Evert Bongers.

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Aruba's cultural and literary development: Then and now

(Oranjestad)—The Aruban culture has seen many substantial developments over the course of a century. With the introduction of the Lago Refinery at the turn of the 20th century, followed by the breakout of the Second World War and the general incentive for political independence during the mid-century, a cultural identity on the island began to take form and have since developed through international and local influences.



In the pre-industrial era of the 19th century, much could not be said about a cultural identity on the island. Still being a part of a Dutch colonial territory at the same, as well as not having political or economic autonomy (Curacao was the center of commerce, cultural life, and political management of the Netherland Antilles at the time), the small population of Aruba consisted mostly of farmers and fishermen, tending to their crops and their cattle, or going out to fish to provide for their family. As Quito Nicolaas states in his article *Historia di Literatura Arubiano: E Bida Cultural* (Literary History of Aruba: Cultural Life), "during the pre-industrial period, there were no significant economic activity

that could have created a cultural ambience, with only one way to generate profit at the time for the sub existence of Aruban families."

It wasn't until the introduction of the Lago Refinery in San Nicolas in 1928, that the island saw a small boom in cultural manifestations and entertainment, as farmers left the 'cunucu' (country) life to work in the refinery, which resulted in Aruba acquiring a different economic pillar. Before this, entertainment and cultural manifestations were mostly experiences by local parishes and the island's elite, who often partook in cultural and entertaining activities around the island, like going to the movie theater or coming together to

share poetry on Sundays after church.

Literary life

Throughout the 19th century and up until the 1940s, there were also not much trace of a cultural climate for the cultural-literary sector on the island. Primary education was introduced on the island mid-19th century, followed by secondary and higher education around the late 30's and 40's. It wasn't until the 1950s, with the introduction of the E.R.N.A agreement in 1951 and the signing of the Statute in 1954, which allowed more space for and control over the economic and cultural development of Aruba, that the literary life on the island began to grow substantially compared to decades be-

fore. This was in response to local institutions established in the 1940s for cultural and literary growth on the island, but that did not yet capture the attention of the general public. The 1950 brought with it a boom of literary production on the island, like those of V.S. Piterrella, as well as migrant authors José Ramón Vicioso y Rings William Rufus, who have also contributed to the literary development on the island. The literary movement was further promoted by local broadcasters Voz di Aruba and Radio Kelkboom, with their regular broadcast of literary works.

The 50s and 60s also saw the influence of international cultures, especially that of the United States. During this time, because of international influences as well as the continued prosperity of the oil refinery, cultural traditions in Aruba began to really take form and become widespread, as different worldly and local concepts were introduced in the Aruban society. With the establishment of local television broadcast station Tele-Aruba in 1963, and with time and possibilities, local programs such as "Nos Tera" ("Our Land") started to pay more attention to the Aruban culture

and worked to form a cultural consciousness in the community. The 1960s also saw the rise of local authors and artists, who were more comfortable in producing works in our native tongue, Papiamentu, but who also produced works in Spanish, English and Dutch. This new phenomenon was in response to the interaction between economic growth, individual prosperity, cultural life and literary expression.

The 21st century

Nowadays, international influence on our culture is still prevalent, especially those from Latin America, the United States and The Netherlands. Nevertheless, there also exists a strong cultural identity and traditions that are exclusive to the Aruban culture, often manifesting during traditional celebrations, like Dia di San Juan/Dera Gay (St. John's Day), Dia di Himno y Bandera (National Hymn and Flag Day), Camping during Easter and much more. With the surge of social media in the last decade, artistic voices, especially those of the younger generation, has become even more prevalent and easily accessible to the community of Aruba through online platforms such as Facebook, Instagram and TikTok. □

Source: *Historia di Literatura Arubiano: E Bida Cultural* by J.R. "Quito" Nicolaas



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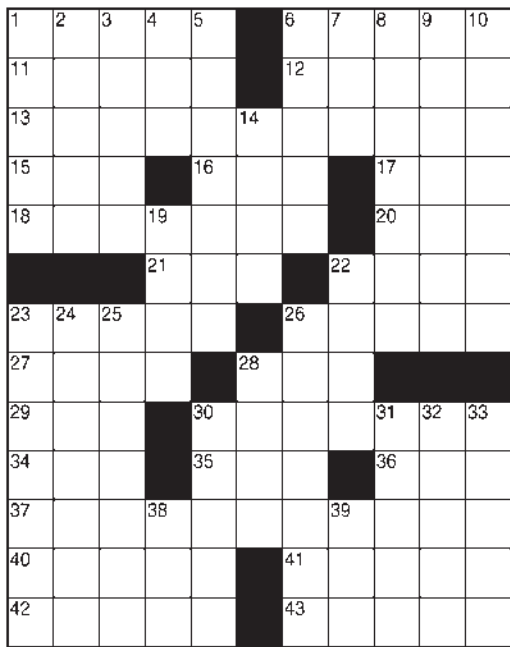
ACROSS

- 1 Forgoes food
6 Christmas song
11 Improvised
12 Supreme Court justice Kagan
13 National park in California
15 Shade tree
16 "My country — of thee"
17 Pub pint
18 Decree before-hand
20 Road sealer
21 Blackjack card
22 Painter Magritte
23 Edge
26 Pondered
27 Eye part
28 Mass of gum
29 Frequently, in poems
30 Response delay
34 "My word!"
35 Belief, in brief
36 Smelter supply
37 National park in Arizona
40 Spine-tingling

DOWN

- 41 Rental contract
42 Takes it easy
43 Foot parts
1 Like old photos
2 "Hello" singer
3 Pillow covers
4 Youngster
5 Show biz routine
6 Halt
7 The whole shebang
8 Feels empathy
9 Like some rural bridges
10 Like skiers' clothing
14 Arbor climber
19 Earth tones
22 Ill-mannered
23 Online journal writer
24 Game official
25 Dis-traught
26 Platypi and pandas
28 Minn. neighbor
30 Sea motions
31 Faithful
32 Stood
33 Trait carriers
38 Tiny complaint
39 "The Matrix" hero

THINE MOMS
RANIN AREAS
AIDED DANTE
IKE URL ACT
LUXURY YACHT
SEE REEL
AHEAD SIDLE
SONG APE
STRETCHLIMO
OHO WEE DOT
REUSE RETRO
TATER ERASE
DEPP SAGES



4-18

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

4-18

CRYPTOQUOTE

FQWLW SLW UWSLP FQSF

SPH BAWPFNGTP STE UWSLP

FQSF STPCWL. — JGLS TWSXW

QALPFGT

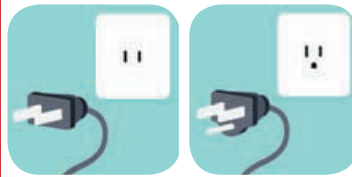
Cryptoquote: WHEN SPRING CAME, EVEN THE FALSE SPRING, THERE WERE NO PROBLEMS EXCEPT WHERE TO BE HAPPIEST. — ERNEST HEMINGWAY

Cruise ship Schedule: April 7 - 12 2026

			ARR	DEPT	BERTH	
TUE	07	OASIS OF THE SEAS	08.00	23.00	I	1
WED	08	REGAL PRINCESS	07.00	16.00	B	1
		SERENADE OF THE SEAS	08.00	23.00	C	1
		CARNIVAL MAGIC	09.00	22.00	I	1
		FREEWINDS	06.00	****	E	1
THU	09	OCEANIA INSIGNIA	07.00	20.00	B	1
		CELEBRITY SILHOUETTE	08.00	20.00	C	1
		GRAND PRINCESS	08.00	22.00	I	1
FRI	10	NORWEGIAN JEWEL	11.00	20.00	C	1
SUN	12	FREEWINDS - Dept.	****	22.30	E	-

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

	9			2		5	6	
						8		7
8	7	6	3	5	4		9	1
9				3				5
	1			7		6	8	
2		5	1					
		8		9		3	5	6
					3	4		8
	3		5	8		7	2	

Difficulty: ★★

4/7

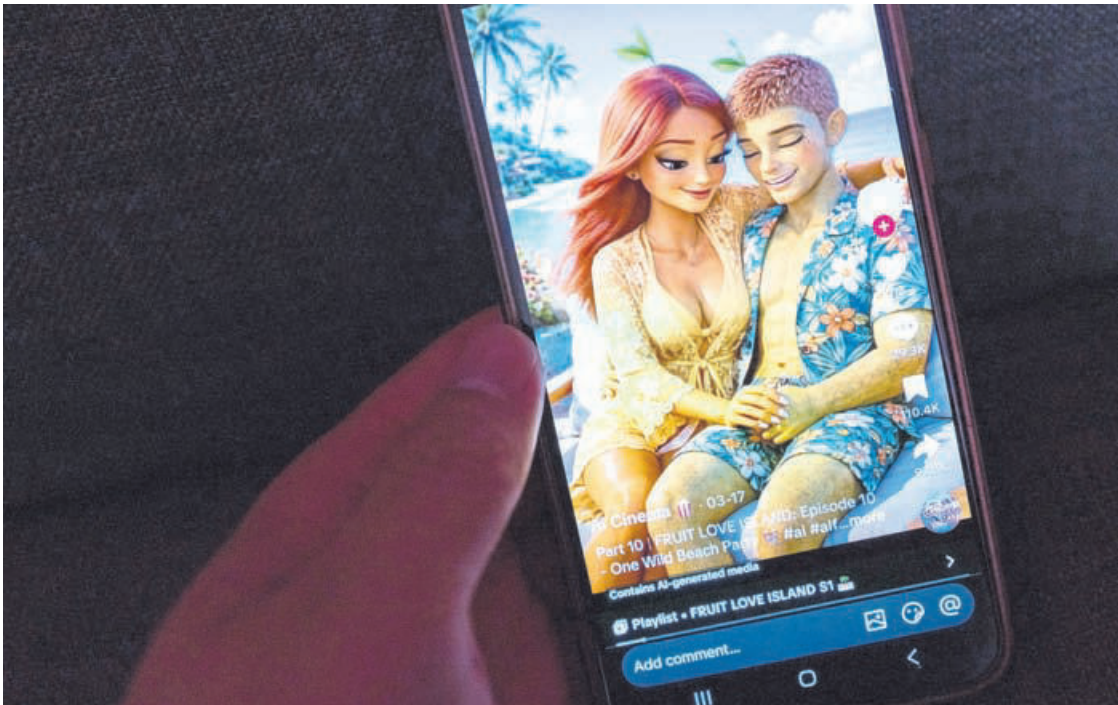
Answer to previous puzzle

7	6	2	5	1	9	3	4	8
4	5	8	2	3	6	1	9	7
9	1	3	7	4	8	6	5	2
6	4	5	3	9	2	8	7	1
3	8	7	1	6	5	4	2	9
1	2	9	4	8	7	5	6	3
5	3	6	9	7	1	2	8	4
2	9	1	8	5	4	7	3	6
8	7	4	6	2	3	9	1	5

Difficulty: ★

4/6

AI-generated 'Fruit Love Island' takes TikTok by storm



This illustration photograph shows shows "Fruit Love Island", an AI-generated TikTok micro-series based on the television hit "Love Island" -- except all the participants are sexy human-like fruit, in Tokyo on April 3, 2026.

Tokyo, Japan

Millions of people have been gripped by the juicy twists of an AI-generated TikTok micro-series based on the television hit "Love Island" -- except all the participants are sexy human-like fruit. The exploits of the bizarre animated characters, including "Strawberina" and a buff open-shirt "Bananito", parody reality TV tropes, from love triangles to emotional re-couplings. Each short clip is hosted by a voluptuous green apple, and the most popular, "Episode 15: New Dates... New Doubts", has been viewed 39 million times since being posted two weeks ago. For comparison, the big-budget 2025 Eurovision Song Contest says it reached 166 million people.

Many have dismissed the fruity videos as so-called artificial intelligence "slop" -- poor-quality content churned out to appeal to the lowest common denominator.

But their mass consumption also signals "demand for media that helps people to switch off, to have a laugh, or to relax for a few minutes", Ludmila Lupinacci, lecturer in digital media at the University of Leeds, told AFP. That desire may be heightened when "social platforms also give us access to horrifying, stressful, violent, and overall negative experiences", she added.

The micro-drama was started in mid-March by an account called "Ai Cinema". It does not disclose who runs it or where it is based.

"Thank you guys for watching this has been fun!" it said in the caption of a series finale posted Wednesday. The sudden popularity of "Fruit Love Island" has spawned many fake TikTok accounts publishing copy-cat episodes, while some of the original clips appear to have been removed from the platform.

- 'Hate-watching' -

"I'm not going to lie, I didn't expect you to be this easy to talk to," a watermelon woman tells her dragon-fruit date over their corresponding fruit cocktails at sunset.

"Is this cannibalism?" laughed YouTuber Annamarie Forcino in a review posted this week, titled "Fruit Love Island is pure AI slop".

"Sure, AI data centres consume massive amounts of energy, contribute to air pollution, and drain the water supply from local communities," Forcino said.

"But would you rather have clean air and lower electricity bills or Cocomelon for adults?" she joked, referring to the animated children's channel that is among YouTube's most subscribed. In her video, Forcino points out the tell-tale visual inconsistencies that pepper AI-generated videos: "Why is this girl's right arm pink, but this one green?"

ChatGPT maker OpenAI recently said it would shut down its AI video generation app Sora, barely six months after its launch, in a shift towards business tools.

Meanwhile, Chinese video generators, like Seedance 2.0 from TikTok creator ByteDance, have wowed users and spooked the creative industries with their almost-cinematic quality.

"Fruit Love Island" is one of a bunch of other fruit-themed content spreading on social media, from fellow TV parody "Fruit Paternity Court" to a slew of other memes in different languages that often reinforce sexist or racist stereotypes.

Fruit is an absurd but also simple way to reflect the formulaic, sensationalist and stereotypical world of dating reality TV, Lupinacci said. Its AI quirks "might indeed be actually part of the appeal, as they make it funnier, more bizarre, and potentially more engaging -- even if prone to mockery and hate-watching".



Editor
Caribbean Speed Printers N.V.
Aruba Bank N.V. Acc. #332668
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RBC Royal Bank Acc. #1330772

Editors

Pilar Flores
Richard Brooks
Angenette Figueroa
Oriana Geerman

Sales

Mark Gomes
Sulaika Croes

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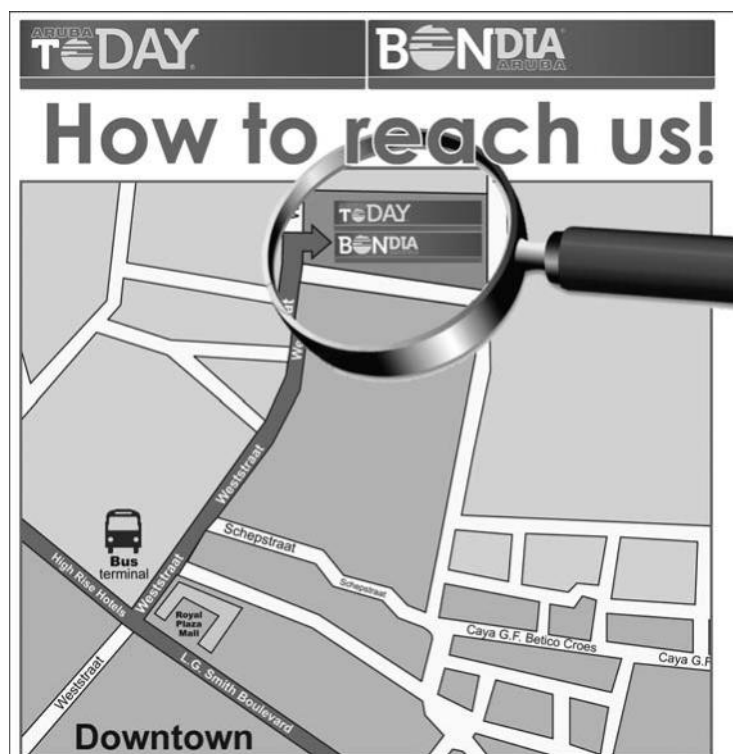
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Social / Website

Juan Luis Pinto

Weststraat 22
T: 582-7800
E: news@arubatoday.com
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ARUBA TODAY NEWS

Mystique of the green jacket endures as Masters looms

Augusta, United States

The Masters green jacket, the symbol of supremacy at Augusta National, is among the most coveted items of clothing in sport -- and one of the hardest to obtain.

Rory McIlroy became the most recent recipient of the iconic blazer last year when he ended a 10-year major drought with a career-defining victory at Augusta National in a sudden-death playoff.

Unless he successfully defends his title, McIlroy will return next Sunday to take part in one of golf's most closely observed rituals: helping slip the jacket onto the shoulders of the new champion.

For McIlroy, the past year has underscored both the rarity of the garment and the responsibility that comes with it.

"The overwhelming feeling of having this jacket for a year is just how honored and grateful I am I was able to do it, and how grateful I am I've had so much great support along the way," McIlroy said. "As time goes on, it becomes normal and it has been normal for me to go into my closet and see the green jacket hanging there. Hopefully it's not the last time I get to bring (it) off property."

McIlroy has worn the green jacket to India and Australia as well as his homeland of Northern Ireland among other global stops.

Only the reigning champion



Masters Champion Rory McIlroy poses with reacts during the Drive, Chip and Putt Championship at Augusta National Golf Club on April 05, 2026 in Augusta, Georgia.

is allowed to take his green jacket off the club property, and then only until he returns to defend it the following year.

An exception to the rule was Gary Player, who took his first jacket home to South Africa but didn't bring it back.

Player recalled telling then-Masters chairman Clifford Roberts, "Why don't you come and fetch it? He did see the funny side of it. He said to me, 'Don't ever wear it in public.'"

Tom Watson won in 1977 and was presented an oversized 44 long-sized jacket.

"It came down below my fingertips," Watson said. "Did I care? Not in the least. I'd wear a tent, as long as it's

the green jacket."

Players are asked their jacket sizes each year now when they register at Augusta National.

Jack Nicklaus wore a loaned 46 long after the first of his record six Masters wins, then a right-sized loaner for his other triumphs.

He told then-chairman Jack Stevens in 1998 that he didn't have his own jacket and soon received a note saying, "You will go to the pro shop and you will be fit for your green jacket."

Billy Casper, the 1970 Masters winner, and Gay Brewer, the 1967 champion, were both buried wearing their green jackets.

Sam Snead, the 1949 winner, was the first champion to receive a green jacket and one was then presented to all prior winners retroactively. When Nicklaus won the Masters for the second year in a row, he put the green jacket on himself.

When Nick Faldo and Tiger Woods won back-to-back Masters titles, the current Masters chairman helped the winner into his jacket.

By 1937, Augusta National club members wore the green jackets so patrons with questions knew who could help them.

According to the Masters website, the jacket is a classic three-button, notch lapel design with a single vent in

the color Masters Green. The cloth is a tropical wool, and they are manufactured in the United States.

Each jacket features gold buttons embossed with the Augusta National logo and an embroidered patch with the club logo on the left breast pocket.

American Zach Johnson, the 2007 winner, called donning the green jacket "the highest privilege in golf" and wore his at the Empire State Building, using a garbage bag to cover it.

"We don't have a garment bag," wife Kim Johnson said. "We didn't plan on winning the Masters."

- Hugging the jacket -

Canada's Mike Weir, the 2003 champion, and 2022 champion Scottie Scheffler wore green jackets to throw out the first pitch at Major League Baseball games for the Toronto Blue Jays and Texas Rangers, respectively. Tiger Woods clung to his green jacket after winning the first of his five Masters titles in 1997 at age 21.

"I fell asleep fully clothed and hugging the green jacket like a blanket," Woods said. Japan's Hideki Matsuyama carried his through the Atlanta airport and said he never dry cleaned it after his 2021 triumph.

"I just was so worried that something might happen to it," Matsuyama said. "I didn't want to let it out of my sight." □



Joey Crawford, Mike D'Antoni, Mark Few, Doc Rivers, Chamique Holdsclaw, and Amar'e Stoudemire pose for a photo during a press conference for the 2026 Inductees to the Naismith Basketball Hall of Fame in the Final Four of the 2026 NCAA Men's Basketball Tournament at Lucas Oil Stadium on April 04, 2026 in Indianapolis, Indiana.

Los Angeles, United States

The United States' all-conquering 1996 Olympic

women's team and stars Candace Parker and Elena Delle Donne were named

U.S. 1996 Olympic squad, WNBA stars head Hall of Fame picks

among the latest inductees to the Naismith Basketball Hall of Fame on Saturday. Hall of Fame President John Doleva said the class of 2026, who will be formally enshrined in August, represent "the very best this sport has to offer."

Milwaukee Bucks coach Doc Rivers, who guided the Boston Celtics to the 2008 NBA title, was also named on the list along with six-time All-Star Amar'e Stoudemire.

Other inductees includ-

ed college coach Mark Few, six-time WNBA All-Star Chamique Holdsclaw, former Houston Rockets coach Mike D'Antoni and referee Joey Crawford.

Doleva said the group encompassed "coaches who built dynasties at every level" and "players who redefined their positions."

The 1996 Olympics gold-medal winning women's team "helped launch an entire league," he added, referring to the launch of

the WNBA later that year. The US women finished the Atlanta Games with a perfect 8-0 record with an average margin of victory of more than 30 points.

Parker gains entry to the Hall after a glittering career that includes three WNBA championships and back-to-back Olympic gold medals in 2008 and 2012.

Parker is the only player in WNBA history to win Rookie of the Year and Most Valuable Players honors in the same season (2008). □

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Rockets down Warriors in Curry return, Flagg carries Mavs past Lakers

Los Angeles, United States

The Houston Rockets spoiled Golden State star Stephen Curry's sparkling return from a 27-game injury absence, thwarting a late Warriors rally for a 117-116 NBA victory on Sunday.

Curry came off the bench in his first game since January 30 and scored 29 points in 26 minutes on the floor.

He connected on 11 of 21 shots from the field, including five of 10 from three-point range.

Trailing by 10 with less than five minutes remaining, the Warriors pulled within one on a Curry three-pointer with 57.8 seconds to play.

Gary Payton II then drove and was awarded a basket on a goaltend by Amen Thompson to put the Warriors ahead 116-115.

Rockets center Alperen Sengun answered with a layup, and when Curry couldn't get a final three-pointer to drop, the Rockets came away with the win.

"We had the game in control, then they put number 30 in the game," Rockets star Kevin Durant, who won two titles with the Warriors, said of Curry. "And he got back into it so easily. He makes shots so quickly and he looked incredible after a couple of months off."

"It was a tough one," added Durant, who led all scorers with 31 points. "But it's late in the season and both teams are looking to get ready for the playoffs. So it was a good test for us."

The Rockets had pushed a two-point halftime lead to 15 with five minutes left in the third period when Curry, playing on a minutes restriction, spearheaded an 11-0 run that kept the Warriors within striking distance.

The return of Curry, who said he originally expected to miss only about a week with patella-femoral pain syndrome

in his right knee, offered the Warriors a glimpse of what they can be as they gird for the play-in tournament.

"You can just feel it," Warriors coach Steve Kerr said. "We're back in the mix, we're back in the fight with Steph."

Meanwhile, the Los Angeles Lakers got a taste of just how hard it will be for them to maintain their position in the Western Conference with Luka Doncic and Austin Reaves out for at least the remainder of the regular

season.

The Dallas Mavericks, with another sensational performance from rookie Cooper Flagg, beat the Lakers 134-128, snapping a 14-game home losing streak.

Flagg, coming off a 51-point performance in Friday's loss to Orlando that made the 19-year-old the first teenager to score 50 in an NBA game, delivered 45 points, eight rebounds and nine assists along with a pair of steals and a block. □



Stephen Curry #30 of the Golden State Warriors lays up a shot against Jae'Sean Tate #8 of the Houston Rockets in the second quarter at Chase Center on April 05, 2026 in San Francisco, California.

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Create precious memories in the heart of Costa Linda Beach Resort Water's Edge Restaurant offers the complete vacation experience!



(Eagle Beach) – Consider your family dinner plans taken care of at Water's Edge. Located in the heart of the Costa Linda Beach Resort and on the shores of the world-famous Eagle Beach in Aruba, Water's Edge offers an elegant yet cozy dining experience that the entire family can enjoy. Whether you're craving Steak, Seafood, International Dishes or a bit of the Caribbean flare, Water's Edge caters to all your culinary needs, all the while offering you a cozy and flexible service with a spectacular view of Aruba's top-rated sandy beaches.

Water's Edge's new menu has a great variety of appetizers, main courses and delicious desserts all on one menu specially made just for you. From the minute you arrive there will be a great staff welcoming you with the most contagious smiles and warmth. Flexible and professional service allows you to enjoy your meal in the cool and elegant indoor dining area, on the sandy, breezy beaches of Eagle Beach or by the open bar outside. Serving breakfast, lunch and dinner, Water's Edge has it all for you, any time of the day.

Start your day off with a hearty breakfast. Water's Edge offers a variety of delicious breakfast items, including their house specialties of Avocado Toast, Chicken & Waffles made with homemade Belgium waffles and topped with a gorgeous hot honey sauce. If you want something on the sweeter side, try their Crème Brûlée French Toast, served with an in-house mascarpone whip cream and topped with fresh fruit and powdered sugar. Or maybe the Traditional American Breakfast is more to your liking, complete with any kind of serving of eggs, bacon, sausage and toast, served with a side of hash browns.

For lunch, keep it easy with their handheld items like their Bacon and Cheddar Burger, Mediterranean Quesadillas or Street Tacos. Want a taste of the Caribbean? Try the Grouper Reuben; A local twist to the traditional Reuben, complete with rye bread, in-house 1000 island dressing, sauerkraut and grilled grouper, served with a side of Cajun Fries.

Dinner plans are set with Water's Edge mouthwatering dinner menu. Start your gastronomic journey with a scrumptious appetizer such as the Maryland Crab Cakes, maybe the Crispy Calamari or the delectable Coconut Shrimp. You can also opt for their Water's Edge House Wedge Salad or freshly made Shrimp Louie Salad, made with poached shrimp, tossed in Louie dressing, fresh avocados and vine ripe tomatoes. For something a bit heartier, try their classic French Onion Soup, Lobster Bisque or Crab and Corn Chowder.

Follow your appetizers with your choice of Seafood, Chicken or Pasta dishes. Enjoy their succulent Shrimp and Clam Sauce with Angel Hair Pasta, a nice plate of Chicken Francese or explore the Water's Edge Fish Market—your pick of Mahi Mahi, Snapper, Grouper or Salmon, served with homemade mashed potatoes, sauce of choice and fresh herbs and vegetables.

Meat Lovers will have their fix with choices of Steak, including a Petite Filet, French Rack of Lambs or their famous 14oz pan-seared Pork finished with a fantastic



apple glaze. All our steaks options are seasoned with a blend of kosher salt and freshly cracked black pepper. Served with homemade mashed potatoes, seasoned vegetables and a choice of red wine reduction, green peppercorn demi-glace, mushroom sauce, chimichurri or bacon blue cheese butter. Enjoy it with a side of fresh asparagus, seasonal vegetables, and four different types of fries. Combine your meal with your personal choice of international and exclusive wines.

Kids will enjoy every item of the specially compiled Kids Menu and there are also optional dishes for all vegans, vegetarians and gluten-free guests.

End the culinary voyage with some luscious sweetness. Choose from a variety of dessert options, including a piece of coconut flan, NY cheesecake, carrot cake, chocolate brownie or our classic Tiramisu with kahlua and amaretto served with chocolate sauce and coffee jelly. Not to mention the fresh and light piece of key lime pie.

Live entertainment

For seven nights a week, there is live entertainment by the best local artists for you to enjoy. Whether you're in a romantic mood, or more in a swinging mood, every night is a relaxing experience under the stars, where you can combine great music with delicious cocktails. In addition, Water's Edge offers three daily Happy Hours from 12pm-1pm, 4pm-6pm and again from 9pm-10pm with all premium brands specially priced.

Water's Edge prides itself on bringing elegance and comfort to your dining experience, offering personalized service fit for everybody's needs.

Water's Edge is open daily from 8am – 11pm

To reserve your table please call +297 583 8000 Ext. 8106 or + 297 586 9494 (direct), or reserve your table online at reservations@watersedgearuba.com. For more information about the menus, entertainment and hours, please visit the website watersedgearuba.com □